

## Salmon – Crowns    *Supper Day 10*

**Preheat oven to 350 degrees F.**

**Baking Time 25 - 30 minutes**

### **Ingredients:**

Frozen Salmon – Crowns individually wrapped

### **CONVECTION OVEN:**

1. Remove Salmon Crowns from individual plastic bag
2. Place Salmon Crowns in pan.
3. Fill pan with ¼” of water and cover with aluminum foil
4. Place pan in preheated 350 degree oven and                      bake for 25 - 30 minutes.

### **MICROWAVE OVEN**

1. Remove portion from individual plastic bags.
2. Place Salmon Crowns                      a in microwave-safe dish and cover with lid or plastic.
3. Microwave on high power for 1 ½ - 1 ¾ minutes.
4. (Based on 800 watt oven.)

### **CONVENTIONAL OVEN:**

1. Follow above directions and bake in preheated 400 degree oven for 30 – 35 minutes.
2. **Important:** For best results, poke several holes in foil to vent off steam.

